



The Painted Turtle Ways to Help: Craft Manual

Thank you for helping The Painted Turtle create an empowering, life-changing camp experience for children with serious medical conditions. Because no child pays to attend camp, we rely on the kindness and generosity of people like you to support our efforts with donations of products and services.

IMPORTANT

We request that you **wash and sanitize your hands** thoroughly and often while making these projects; wear non-latex gloves if possible. Please **sanitize all surfaces** you are using to assemble and store these projects. Please **re-wash your hands** after eating, touching your face, and using the restroom. We want to prevent the spread of illness to our immunocompromised campers and ensure that donations are clean and new. **If you feel ill, have a fever, or are coughing/sneezing, please do not participate.**

Supplies:

Each project will outline what supplies are needed. Some have links you can use to get specific products or ones that are similar.

If using Amazon to buy supplies, consider using AmazonSmile which will donate .5% of the price of eligible purchases at no additional cost to The Painted Turtle:

<https://www.thepaintedturtle.org/post/amazonsmile>

Guidelines:

Clear instructions are outlined in the following pages for each project. Please read and follow these instructions. While we encourage creativity, we ask that the following guidelines are followed when creating projects:

1. Please **DO NOT** include messages to the campers about being ill, religious messages, or put your organization name on the projects.
2. Keep things simple, age-appropriate, and gender neutral for ages 6-17.
3. We update this manual every year, so please be sure you are using the most current version.

Sending Items to Camp:

1. Please complete the **Gift In Kind Donation Form** included at the end of this document; be sure to include an **inventory** of what you send (e.g., 200 blankets, 100 crayons, etc.).
2. Feel the warm and fuzzy vibes of knowing that you helped make a difference in the lives of our very deserving campers.

You may mail or hand-deliver items to Camp or the Santa Monica office; we just ask that you notify us ahead of time to set up a good time to stop by if dropping off donations.

Camp: The Painted Turtle Camp
P.O. Box 455
Lake Hughes, CA 93532
Please call: 661-724-1550

Office: The Painted Turtle
1300 4th Street, Suite 300
Santa Monica, CA 90401
Please call: 310-451-1353



Please contact Sasha Muraoka if you have any questions or comments at sasham@thepaintedturtle.org.

Family & Volunteer Welcome Bags

We greet camper families and volunteers to Camp with the biggest welcome possible and these Welcome Bags are always a treat. During spring and fall Family Weekend seasons, we use 35 bags for one Family Weekend, or up to 210 bags for 6 Family Weekends in a season.

Supplies:

- 35-210 [paper gift bags](#) or drawstring back pack
- Travel-size toiletries such as the following (please note that none of the below can have nut oils or shea butter in them. Coconut oil is fine)
 - Sunscreen – accepted brands are *Aveeno Baby*, *Kiss My Face*, *Organic Kids*, *Equate Baby*, *Banana Boat Kids Sunscreen*
 - Soap, shampoo, conditioner
 - Deodorant
 - Mouthwash
 - Toothpaste
 - Toothbrushes
 - Hand Sanitizer
 - Lip balm
- Travel-size games: Uno (cards)
- Decks of cards or card games
- Party favors ****Latex free (no stretchy or rubbery products)**
- Miniature stationary (pens, journals, stickers, kid's ink stamps)

Items to Avoid:

For the health and safety of our campers, please do not include the following:

- Bug spray
- Food-based items
- Latex – all items **MUST** be latex-free
- Products that may contain nuts

Example:



Camper Summer Welcome Kit

Each Summer Session, over 100 campers come through our gates ready for an unforgettable experience! We want to make sure they are prepared to have the best time by providing them the right supplies with these Nalgene Water Bottle kits.

Supplies:

- 120 [1Liter Nalgene Water Bottles](#) – BPA Free and with printed graduation lines
- Travel-size toiletries such as the following (please note that none of the below can have nut oils or shea butter in them. Coconut oil is fine)
 - Sunscreen – accepted brands are Aveeno Baby, Kiss My Face, Organic Kids, Equate Baby, Banana Boat Kids Sunscreen
 - Hand Sanitizer
 - Lip balm (preferably non-petroleum based)
 - Toothpaste
 - Toothbrush
- [Kool Tie](#)

OR



Supplies:

- 120 [1Pint Nalgene Water Bottles](#) – BPA Free and with printed graduation lines
- Travel-size toiletries such as the following (please note that none of the below can have nut oils or shea butter in them. Coconut oil is fine)
 - Sunscreen – accepted brands are Aveeno Baby, Kiss My Face, Organic Kids, Equate Baby, Banana Boat Kids Sunscreen
 - Hand Sanitizer
 - Lip balm
 - Toothpaste
 - Toothbrush
- [Kool Tie](#)



Non-Sew Fleece Blankets

Sometimes it gets chilly at Camp up in the mountains. Our campers and families love to grab fleece blankets to stay warm when moving from one activity to the other. These no-sew blankets are easy to make and cozy for our campers!

Supplies:

- 1-2/3 yds. of print outerwear fleece
- 1-2/3 yds. of a solid outerwear fleece
- Fabric scissors
- Ruler or tape measure

Instructions:

- Cut the fabric into a 56" or 58" square. Remove the selvages (fabric fray).
- Place the squares over each other, back sides together.
- Cut a 4-5" square from each corner.
- Make 1" wide, 4-5" inch long cuts all along the edges of your borders. Use a ruler or tape measure for easy measurement.
- Using an overhand knot, tie the front and back fringe together.
- Do this all the way around the blanket being careful not to stretch the fabric.
- Be creative and fun with your patterns, but keep in mind these will be used by campers of all genders ages 6-17.



Turtle Pillows & Quilts

Many of our campers spend very little time away from home and family. To make the transition to Camp as easy as possible, each camper's bed is made up with a handmade quilt and lap blanket, as well as a beautiful stuffed turtle pillow. Campers ages 7-17 take their lap blankets and turtle pillows home with them as tangible memories of their time at camp.



Turtle pillows for the campers:

- Turtle skins (i.e. un-stuffed turtle pillows) are cut and sewn to a pre-made pattern. This ensures that all turtles are consistent in shape and size.
- **There are opportunities to cut the patterns out of fabric, if sewing is not your skill.**
- **Stuffing pre-sewn turtle skins is also an option. Please contact us for more details.**
- For sewing patterns, Turtle Pillow Pattern instructions can be viewed online at <https://www.thepaintedturtle.org/sewing-projects>

Quilts for the beds:

- The size of the quilt should be 60" wide by 80" long.
- Please feel free to be creative! We need patchwork quilts to decorate every twin-sized bed in our cabins.
- Please make sure these quilts are machine washable and are not too heavy or warm.

Lap quilts for the campers (ages 7-17):

- The size of the lap quilts should be 35-40" wide by 45-50" long.





Outpost Projects

[The Painted Turtle Outpost](#) is a mobile camp program that takes the magic and fun of what we do at our camp-site to hospitals and medical community events throughout California. Outpost allows The Painted Turtle to reach out to children who are hospitalized, giving them a chance to be in an environment where they can “go to camp” while still in the hospital. Sometimes children aren’t able to get out of their room to participate in the program, so we create activity Bedside Bags that are hand-delivered directly to them and provide hours of fun. The projects in this Craft Manual will be used for these Bedside Bags. Outpost is a year-round program that serves campers of all ages, from infants through young adults, as well as caregivers and families.

Since we’re busy visiting campers in the hospital 2-5 days a week, we don’t have time to pre-assemble all these kits! Your donations and time spent putting together bedside activity kits makes it possible for us to quickly create many Bedside Bags in the hospital with no hassle. Thank you!

IMPORTANT

We request that you **wash and sanitize your hands** thoroughly and often while making these projects; wear non-latex gloves if possible. Please **sanitize all surfaces** you are using to assemble and store these projects. Please **re-wash your hands** after eating, touching your face, and using the restroom. **If you feel ill, have a fever, or are coughing/sneezing, please do not participate.** We want to prevent the spread of illness to our immunocompromised campers and ensure that donations are clean and new. This is particularly important for our projects that will go directly to children in the hospital.

We operate out of our Santa Monica office, so all Outpost donations can be sent to:

The Painted Turtle Outpost
1300 4th St., Suite 300
Santa Monica, CA 90401



Outpost Toddler Art Kits

These art kits will go into the bedside activity bags for children typically ages 3-5 who aren't able to come to the playroom. They go along with an activity book that provides hours of fun!

IMPORTANT: Because many campers are immunocompromised, we ask that you wash your hands thoroughly before making these projects (and wear non-latex gloves, if possible). Sanitize all surfaces used for creating and storing these bags. If you feel ill or are coughing/sneezing, please do not participate in assembling these kits.

Supplies must be **brand new** and unused:

- Pencil Pouch: 1 pencil pouch holds one kit. Here are some options: [Clear](#), [Colorful](#), and [Patterned](#)
- [A box of 8 large crayons: 1 per kit](#)
- [Play-Doh: 1 can per kit](#)
- Mini Bubbles: 1 per kit. Here are a couple options for bubbles, [from Target](#) and [from Amazon](#).
- Foam Stickers: about 5-10 per kit. [Here is an example of stickers](#) you could use.

Please:

- **DO NOT write any message** or words either on the bag or included inside the Art Kit. We will not be able to use kits that have messages in or on them, as we need these bags to be as versatile as possible.
- DO NOT use your sorority/organization name or letters.
- DO NOT use religious symbols or text.
- DO NOT make them seasonal or holiday-themed; we use these all year long.
- DO NOT use dates/years; if we have extra, we want to use them next year.



Outpost School Age Art Kits

These art kits will go into the bedside activity bags for children typically ages 5-12 who aren't able to come to the playroom. They go along with an activity book that provides hours of fun!

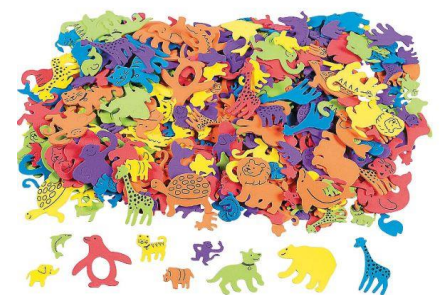
IMPORTANT: Because many campers are immunocompromised, we ask that you wash your hands thoroughly before making these projects (and wear non-latex gloves, if possible). Sanitize all surfaces used for creating and storing these bags. If you feel ill or are coughing/sneezing, please do not participate in assembling these kits.

Supplies must be **brand new** and unused:

- Pencil Pouch: 1 pencil pouch holds one kit. Here are some options: [Clear](#), [Colorful](#), and [Patterned](#)
- A box of 8 crayons: 1 box per kit; you can use [classic crayons](#) or [twistables](#).
- [Glue sticks](#): 1 per kit
- Stickers without words: a handful or about 5-10 per kit. Stickers need to be suitable for a variety of ages and interests, and you can mix themes so the child has options. Here are some ideas: [dinosaurs](#), [animals](#), [transportation](#), [flowers](#), [shapes](#), [space](#), and [emojis](#). Please **avoid using food stickers**, as some campers are unable to eat or drink during their hospital stay and food can be a tricky topic.

Please:

- **DO NOT write any message** or words either on the bag or included inside the Art Kit. We will not be able to use kits that have messages in or on them, as we need these bags to be as versatile as possible.
- DO NOT use your sorority/organization name or letters.
- DO NOT use religious symbols, text, or themes.
- DO NOT make them seasonal or holiday-themed; we use these all year long.
- DO NOT use dates/years; if we have extra, we want to use them next year.



Outpost Teen Art Kits

These art kits will go into the bedside activity bags for teens and young adults who aren't able to come to the playroom. They go along with a teen activity book that provides hours of fun!

IMPORTANT: Because many campers are immunocompromised, we ask that you wash your hands thoroughly before making these projects (and wear non-latex gloves, if possible). Sanitize all surfaces used for creating and storing these bags. If you feel ill or are coughing/sneezing, please do not participate in assembling these kits.

Supplies must be **brand new** and unused:

- Pencil Pouch: 1 pencil pouch holds one kit. Here are some options: [Clear](#), [Colorful](#), and [Patterned](#)
- 10-count packs of markers: [1 pack per kit](#), or [10 markers per kit](#).
- [Glue sticks](#): 1 per kit
- [Pencils \(sharpened or unsharpened\)](#): 1 per kit
- [Pencil sharpeners](#): 1 per kit
- [Pens](#): 1 per kit

Assemble the items in the pen pouch.

Please:

- **DO NOT write any message** or words either on the pouch or included in the Teen Art Kit itself. We will not be able to use kits that have messages in or on them, as we need these bags to be as versatile as possible.
- DO NOT use your sorority/organization name or letters.
- DO NOT use religious symbols or text.
- DO NOT use dates/years; if we have extra, we want to use them next year.



Outpost Lanyard & Friendship Bracelet Kits

Our bedside activity book for teens includes instructions on how to make a lanyard and a friendship bracelet. These starter kits allow them to begin easily so they can learn something new or practice their skills!

IMPORTANT: Because many campers are immunocompromised, we ask that you wash your hands thoroughly before making these projects (and wear non-latex gloves, if possible). Sanitize all surfaces used for creating and storing these bags. If you feel ill or are coughing/sneezing, please do not participate in assembling these kits.

Supplies must be **brand new** and unused:

- [Plastic lacing cord](#); at least two different colors, two strands (one lanyard starter) per bag
- [Key rings](#); 1 per lanyard starter
- [Cotton embroidery floss](#), at least four different colors, four strands (one friendship bracelet starter) per bag
- [Sealable cellophane treat bags](#)

Each bag will contain one lanyard key starter with a key ring and one friendship bracelet starter. Do not write on the bags. Directions for creating the starters below.

Starting a lanyard key chain:

- Cut two colors of plastic lacing cord about an arm's length each. Please avoid using red and green together, or orange and black; these colors are too closely associated with Christmas and Halloween and we need to use these kits year-round.
- Create a box stitch. You will need to do 2-4 stitches, but no more. This is just a starter, the camper will continue the rest of the lanyard! Click [here](#) for a YouTube tutorial.
- Add the key ring to the start of the box stitch.

Starting a friendship bracelet:

- Choose 4 colors of embroidery floss, cut each about an arm's length (4 total pieces of floss)
- Tie the four pieces together with a simple knot towards to top. That's it!



Outpost Woodshop Paint Kits

This is a great way to bring the fun of our Woodshop to the hospital for our campers in the hospital!

IMPORTANT: Because many campers are immunocompromised, we ask that you wash your hands thoroughly before making these projects (and wear non-latex gloves, if possible). Sanitize all surfaces used for creating and storing these bags. If you feel ill or are coughing/sneezing, please do not participate in assembling these kits.

Supplies must be **brand new** and unused:

- [Pouch](#)
- [Paint pots](#): at least [four color options](#) per kit
- [Sturdy paint brushes](#): at least two [brushes](#) per kit.
- Wooden shapes without words: one to three per kit. Shapes need to be suitable for a variety of ages and interests, and you can mix themes so the child has options. Here are some ideas: [unicorns](#), [cars](#), [insect keychains](#), and [sea creatures](#). Please **avoid using food shapes**, as some campers are unable to eat or drink during their hospital stay and food can be a tricky topic.

Assemble the above items in the pouch.

Please:

- **DO NOT write any message** or words either on the pouch or included in the kit itself. We will not be able to use kits that have messages in or on them, as we need these bags to be as versatile as possible.
- DO NOT use your sorority/organization name or letters.
- DO NOT use religious symbols or text.
- DO NOT make them seasonal or holiday-themed; we use these all year long. DO NOT use dates/years; if we have extra, we want to use them next year.



Outpost Decorated Bedside Bags

Each time our Outpost program visits a hospital, we deliver Bedside Bags to the children that cannot join us in the playroom. We provide an activity book and a few arts and crafts projects and supplies for them to keep and enjoy. A decorated bag makes these kits more festive and fun!

IMPORTANT: Because many campers are immunocompromised, we ask that you wash your hands thoroughly before making these projects (and wear non-latex gloves, if possible). Sanitize all surfaces used for creating and storing these bags. If you feel ill or are coughing/sneezing, please do not participate in assembling these kits.

Supplies Needed:

- [White, blank lunch bags](#) without any logo or labels. These should be **brand new** and unused.
- Markers, crayons, stencils, colored pencils, etc. These will be used to decorate the bags, not given to our campers, so they do not need to be new.

Decorate both sides of the bag with fun patterns, drawings, colors. Leave room for us to add a label and a camper name on one side of the bag. Do not draw on the folded up bottom of the bag.

When decorating the bags, please:

- **DO NOT write any message on or inside the bags.** If you'd like to use words, please write "The Painted Turtle" and please refrain from writing messages or any other words on the bag. We need to keep these bags as versatile and appropriate as possible.
- DO NOT use your sorority/organization name or letters.
- DO NOT use religious symbols or text.
- DO NOT use dates/years – If we have extra, we want to use them next year.
- DO NOT make them seasonal or holiday-themed; we use these all year long.
- DO NOT use glitter, pipe cleaners, popsicle sticks, pom-poms, foam stickers, or other materials that do not lie flat or could fall off. Some of these materials are not allowed for all patients.
- **Avoid using food themes or images**, as many campers are unable to eat or drink during their hospital stay and food can be a tricky topic.
- Make family-friendly bags that would appeal to a wide range of ages, from 2-25 years old.
- Be creative and fun! Bags can be decorated with patterns, themes, seasons, camp activities, music, hobbies, animals, etc.
- Send bags empty and stacked flatly.
- Do not decorate the bottom of the bag! It will not be visible when unfolded. See below.
- Leave room for a label and a name on one side of the bag. See below.



Wish List

The Painted Turtle is always in need of items for our year-round programs. You can check out our Wish List online for our most up-to-date list of items: <http://thepaintedturtle.org/wish-list/>.



Remember:

Once your items are completed, you can mail or hand-deliver your items to our camp-site or our Santa Monica office. **All Outpost kits should be sent to the Santa Monica office.**

1. **Include a completed Gift In Kind Form that is at the end of this document. Please complete all requested information.**
2. We update this manual every year, so please be sure you are using the most current version.
3. Feel the warm and fuzzy vibes of knowing that you helped make a difference in the lives of children with serious medical conditions.

Camp: The Painted Turtle Camp
P.O. Box 455
Lake Hughes, CA 93532
Please call: 661-724-1550

Office: The Painted Turtle
1300 4th Street, Suite 300
Santa Monica, CA 90401
Please call: 310-451-1353

We hope you found this Craft Manual helpful. Please contact Sasha Muraoka if you have any questions or comments at sasham@thepaintedturtle.org.

Thank you again for all you are doing to help The Painted Turtle deliver a magical experience to some amazing campers!



GIFT IN KIND DONATION FORM

The Painted Turtle is a non-profit organization with federal tax ID #95-4612481. Donations are tax-deductible to the extent allowed by law.



Donation enclosed.

Please contact me to discuss my donation.

Organization/Donor Name: _____

(as you would like it to be listed in the Honor Roll):

Contact Person: _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Phone: _____ **Fax:** _____ **E-mail:** _____

Description of Donated Item(s) (i.e. quantities, type, and/or any additional details):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Estimated Fair Market Value (as determined by donor. IRS prohibits non-profits from establishing monetary values for gifts in kind.) \$_____

The Painted Turtle will send you an acknowledgment letter for your records. Donations are tax-deductible in keeping with IRS regulations.

Comments (We welcome any and all feedback to continue improving our In-Kind program):

Thank you for helping to make The Painted Turtle a magical experience for thousands of campers. Please visit us at www.thepaintedturtle.org.